

Be A School Wellness Champion!

Fit, Healthy, and Ready to Teach

Join Us for the First Montana School Wellness Retreat

August 1-2, 2007

St. Labre School, Ashland, MT

Now is the time to take care of yourself! This wellness retreat will help you learn strategies to improve health, increase fitness and reduce stress, as well as provide you with ways to apply them to your classroom for student success. Your school district will also benefit by gaining ideas and resources for implementing a worksite staff wellness program to support the school wellness policy.

Programs That Work:

- **Healthful Eating and Tips for Maintaining a Healthy Weight**
- **Walking Programs and Physical Activity**
- **Stress Reduction**
- **Tobacco Cessation**
- **School Employee Wellness**

Who should attend?

This retreat is targeted to staff of K-12 school districts throughout Montana. We recommend a school district sends a team of employees that is made up of at least one school administrator, school wellness committee chair or members like the school nurse, food service manager, educators and community health professional.

Please see the back of this sheet for more information.

For More Information:

Montana Team Nutrition Program
Katie Bark(406) 994-5641 or kbark@mt.gov
Starr Fulmer (406) 784-4520 or sfulmer@stlabre.org

REGISTRATION INFORMATION

The deadline for pre-registration is July 15, 2007. After July 15th, a late registration fee of \$25.00 per person will be added to the conference fee.

We encourage school districts to send a team of participants. Conference discounts are given if multiple members of a school district attend.

Conference Fees: *#

1 person: \$75.00

2 people: \$100.00

3 people: \$125.00

4 or more: \$25.00 per additional person

* If person is a school administrator, registration fee will be reduced by \$25.00.

Conference fees include registration, participant handouts and three meals (August 1-dinner, August 2nd- breakfast and lunch).

The registration form is also posted at:

www.opi.mt.gov/schoolfood/index.html

"We must become the change we want to see"
Mahatma Gandhi

Sponsored By:



Mail form and registration fee to:

Montana Team Nutrition Program
MSU, P.O. Box 173360,
Bozeman, MT 59717-3360

Please check one:

- ☐ Please send us information on the St. Labre Campus
- ☐ We will make our own lodging reservations

Total Conference Fee Enclosed:

\$ _____

Registration (please print neatly)

School District Name: _____

Address: _____ City: _____ State: _____ Zip: _____

School Telephone: _____ School Fax: _____

Contact Person: _____ Summer E-mail address: _____

Name of Attendees:	Title	Summer Telephone/E-mail Address

Additional Information

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WORKSHOP INFORMATION

When and Where:

St. Labre Indian School is located in south eastern Montana in Ashland on the border of the Northern Cheyenne Indian Reservation. St. Labre offers preschool through high school education and places great importance on Native American culture and tradition. Its beautiful campus is also complete with plenty of walking space, pool, school garden, cafeteria, and dormitories. For more information: www.stlabre.org/index.asp

For a map and directions to St. Labre see the following link: www.stlabre.org/VisitorsCenter/maps.asp

Lodging

The retreat will be held at the school and participants may apply to stay at the dormitory (bring pillow and sleeping bag) for the evenings of August 1st and 2nd.

Lodging is also available at local hotels such as:

Ashland: Western 8 Motel, US Hwy 212 W; 406-784-2400
Broadus (40 miles away): Broadus Motels, 101 N Park, 406-436-2626

Colstrip (30 miles away): Super 8 Motel, 406-748-3400

Please see the front of this sheet for more information.

AGENDA

Sample Agenda: (subject to change) *

Wednesday August 1:

3:00-4:00	Registration and check in
4:00-5:30	Opening Presentation
5:30-6:30	Dinner
6:30-8:00	A choice of fun physical activities

Thursday August 2:

7:00-8:00	Early Bird Physical Activity
8:00-9:00	Energizing Breakfast
9:15-10:30	Morning Plenary Session
10:30-11:30	Choice of Breakouts
11:30-12:00	Recess before Lunch
12:00-12:30	Lunch
12:30-1:30	Choice of Breakout
1:30-2:30	Choice of Breakout
2:30-3:00	Walk and Talk
3:00-4:00	Where do you go from here?
4:00-4:30	Wrap Up and closing



This workshop is funded in part from a USDA School Wellness and Team Nutrition Training grant awarded to the Montana Office of Public Instruction.

****OPI Renewal Units will be available for educators***